



# Butternut Squash and Apple Soup

 Vegetarian  Gluten Free

READY IN

ready

60 min.

SERVINGS

servings

7

CALORIES

calories

334 kcal

- SOUP
- ANTIPASTI
- STARTER
- SNACK

## Ingredients

- ☐ 2 cups apple cider good
- ☐ 1.5 pounds apples sweet such as mcintosh 4 apples
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 pounds butternut squash 2 large
- ☐ 2 tablespoons mild curry powder
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons olive oil good
- ☐ 2 tablespoons butter unsalted

- ☐ 2 cups water
- ☐ 4 cups onions yellow chopped 3 large

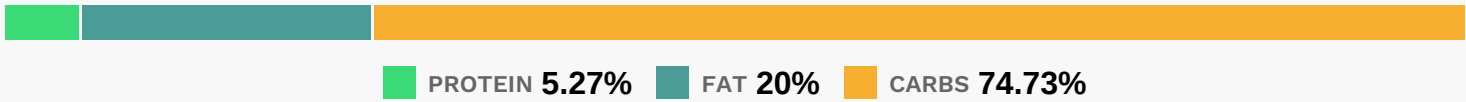
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

## Directions

- ☐ Warm the butter, olive oil, onions, and curry powder in a large stockpot uncovered over low heat for 15 to 20 minutes, until the onions are tender. Stir occasionally, scraping the bottom of the pot.
- ☐ Peel the squash, cut in half, and remove the seeds.
- ☐ Cut the squash into chunks. Peel, quarter, and core the apples.
- ☐ Cut into chunks.
- ☐ Add the squash, apples, salt, pepper, and 2 cups of water to the pot. Bring to a boil, cover, and cook over low heat for 30 to 40 minutes, until the squash and apples are very soft. Process the soup through a food mill fitted with a large blade, or puree it coarsely in the bowl of a food processor fitted with a steel blade.
- ☐ Pour the soup back into the pot.
- ☐ Add the apple cider or juice and enough water to make the soup the consistency you like; it should be slightly sweet and quite thick. Check the salt and pepper and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:19.54, Glycemic Load:8.52, Inflammation Score:-10, Nutrition Score:27.195651842848%

## Flavonoids

Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg

Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg  
Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg Epicatechin 3–gallate:  
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg  
Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg,  
Epigallocatechin 3–gallate: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg  
Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 4.58mg, Isorhamnetin: 4.58mg,  
Isorhamnetin: 4.58mg, Isorhamnetin: 4.58mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg,  
Kaempferol: 0.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:  
22.85mg, Quercetin: 22.85mg, Quercetin: 22.85mg, Quercetin: 22.85mg

Nutrients (% of daily need)

Calories: 333.9kcal (16.69%), Fat: 8.15g (12.54%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 68.54g (22.85%), Net  
Carbohydrates: 57.43g (20.88%), Sugar: 27.65g (30.72%), Cholesterol: 8.6mg (2.87%), Sodium: 689.53mg  
(29.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin A: 34613.25IU (692.27%),  
Vitamin C: 80.08mg (97.06%), Manganese: 0.95mg (47.5%), Fiber: 11.11g (44.43%), Potassium: 1475.54mg (42.16%),  
Vitamin E: 5.91mg (39.42%), Vitamin B6: 0.68mg (34.05%), Magnesium: 132.9mg (33.23%), Folate: 110.55µg  
(27.64%), Vitamin B1: 0.4mg (26.76%), Vitamin B3: 4.19mg (20.97%), Calcium: 200.04mg (20%), Iron: 3.21mg  
(17.82%), Copper: 0.33mg (16.56%), Phosphorus: 156.01mg (15.6%), Vitamin B5: 1.51mg (15.07%), Vitamin K: 10.7µg  
(10.19%), Vitamin B2: 0.13mg (7.8%), Zinc: 0.78mg (5.18%), Selenium: 2.49µg (3.55%)